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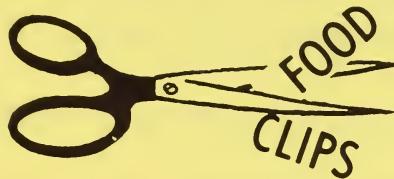
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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In This Issue:

- 1 - Energy: —The Sawdust Stove
- 2 - Food: —Fruits of the Forest
- 3 - World Food Prices: Feature
—For November 1975
- 4 - Meat and Poultry Chart:
—On Cooking and Storage

According to USDA Standards —

German style potato salad with bacon means — that the salad has, at least 14 percent bacon (cooked basis).

* * *

Meat Wellington must be at least 5 percent cooked tenderloin spread with a liver pâté or similar coating and covered with not more than 30% pastry.

* * *

Salisbury Steak must have at least 65% meat and no more than 12% extenders including textured vegetable protein.

* * *

A "veal steak" may be chopped, shaped, cubed, or frozen. Beef can be added with product name shown as "Veal Steaks, beef added, chopped, shaped and cubed" if no more than 20% beef, or must be labeled "Veal and Beef Steak, "chopped, shaped and cubed." No more than 30 % fat.

* * *

Proscuitti ham is a flat dry-cured ham coated with spices.

* * *

CUTTING FUEL COSTS

— WITH SAWDUST

For the energy-conscious and economy-minded, sawdust may be the answer to heating a cabin or workshop, according to USDA's Forest Service. While using sawdust is not a new idea— underdeveloped parts of the world, including Asia and South America use it to heat dwellings — it's an inexpensive and efficient heating fuel. But you'd have to build a special stove to burn it. Cost of the stove: approximately \$25, and it can generate enough heat for a 20 x 20 room.

Safety factors must be considered, such as placing the stove at least 24 inches away from any combustible wall or floor material. Adequate ventilation — as with all stoves — is important.

With the home-made type stove which has been tested by the Forest Products Marketing Laboratory you can use ordinary sawdust — much of which is produced and generally discarded by sawmills every day. Bark — also available at sawmills — can be used as an alternate fuel.

Detailed information on the Sawdust Stove is available free to the PRESS only by contacting the Northeastern Forest Experiment Station, Upper Darby, Pa. 19082. Ask for Photo story No. 30.

LO, THE FRUIT OF THE FOREST

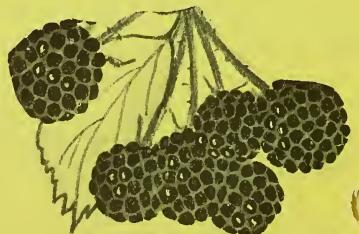
Back in the pioneer days, the fruits of the forest were for gift-giving — and sometimes considered the very best holiday gifts because they were edible. But — when cultivated horticultural species were introduced, no great effort was made to develop the native fruits, according to USDA's Forest Service.

The wild crabapple, which grows in a wide range in this country, has never been cultivated for its fruit to any extent.

There are 18 native species of wild plums — most of which are not well known. But, some have been domesticated and established in cultivation. They were derived from the northern wild plum or the southern or Chickasaw plum.

Early settlers used to speak of "serviceberries" because they were used to make native fruits into jellies and pies. The "pawpaw", somewhat like the West Indian custard apple and tropical in character, grew throughout the central and eastern parts of the United States.

Fruits of the forest include the persimmon — the soft, astringent green-looking fruit used in breads, puddings, muffins, and cakes — mostly in the south. Then there are currants, red mulberries, elderberries, wild blackberries, wild raspberries, cherries, strawberries, and wild grapes, then, as now to be found in the forest. In some areas these fruits are still important — but nationwide, we usually look to fruits from cultivated sources. But — we may be missing something.



WORLD FOOD PRICES....NOVEMBER 1975

— AND WHERE WE GO

Food prices— in the retail market —

are reported by U.S. Agricultural Attaches in important world capitals as of the first Wednesday of every other month. The U.S. Food price index increased 7.7 percent between September '74 and '75. In Argentina, during the same period, food prices rose 275.4 percent and in the United Kingdom 27.7 percent.

Prices are converted on the basis of actual exchange values on the date of the survey...and these conversions do affect comparisons between time periods.

This November, end of the year, survey shows two countries with slower rates of increase than the United States—Australia (5.2%) and West Germany (5.8%).

Retail food prices in six capitals of the 15 countries (in the survey) shows that retail price controls have been imposed or extended on some food items during recent months.

Overall, other than seasonal price variations for fruits and vegetables, most food prices reported were generally stable — or reflected the average inflation rate increase of their countries.

SURVEY OF RETAIL FOOD PRICES IN SELECTED WORLD CAPITALS, NOVEMBER 5, 1975
(In U.S. dollars per lb., converted at current exchange rate)

City	Steak, ribloin, bonedless	Roast, chuck, bonedless	Pork, chops	Ham, canned	Bacon, sliced, pkgd.	Eggs, dozen	Butter Cheddar	Oil, cooking, quart	Tomatoes	Onions, yellow	Apples	Oranges, dozen	Bread, white, rsgd.	Rice	Sugar
Bonn	4.23	2.65	2.12	.70	3.79	.89	0.80	1.55	1.70	0.42	1.83	0.56	0.25	1.85	0.70
Brasilia	.70	.45	1.13	1.31	2.53	.63	.70	1.29	1.48	.22	1.03	.19	.31	.41	.26
Brussels	3.80	1.93	1.91	2.43	1.43	.37	1.06	1.63	1.77	.39	1.24	.78	.16	.28	.42
Buenos Aires	.57	.50	.46	(1)	(1)	.32	.40	.83	1.35	.15	.87	.55	.10	.18	.22
Canberra	1.67	.89	1.43	2.39	2.67	.94	1.09	.92	1.37	.41	1.63	.01	.28	.19	.17
Copenhagen	4.89	2.10	2.44	2.10	2.32	.90	1.10	1.47	1.34	.38	1.57	.93	.32	.29	.45
London	2.64	1.38	1.78	1.53	2.07	.60	.85	.72	.97	.29	1.37	.48	.25	.21	.23
Mexico City	1.45	1.16	1.41	3.19	1.70	.87	.90	1.92	3.55	.39	1.36	.31	.23	.44	.38
Ottawa	1.98	1.30	2.38	1.87	.97	.88	1.05	1.52	.53	1.53	.58	.23	.48	1.20	.45
Paris	3.06	1.75	2.03	3.18	1.86	1.02	1.16	1.65	1.62	.35	1.25	.47	.27	.17	.27
Rome	3.37	(1)	2.16	2.51	2.15	1.04	1.19	1.82	(1)	.42	1.11	.40	.20	.24	.24
Stockholm	4.89	2.75	2.17	2.71	2.64	.94	1.29	1.38	1.89	.30	4.15	.97	.36	.50	.32
The Hague	3.35	1.89	2.04	2.22	3.18	.73	.95	1.37	1.55	.32	.99	.41	.24	1.05	.38
Tokyo	16.34	5.04	3.01	4.28	3.91	1.05	.90	2.12	1.77	.72	1.68	.65	.27	.52	.44
Washington	2.14	1.48	2.27	2.70	2.02	.67	.76	1.18	2.01	.45	1.71	.48	.24	.35	.39
Median	3.06	1.62	2.04	2.43	2.24	.90	.90	1.38	1.59	.38	1.37	.65	.24	1.41	.39

¹ Not available. ² Special low-price sales.

Cooking Meat and Poultry

Thawing Frozen Products:

Put wrapped product in refrigerator and thaw completely. Takes several hours. Or may be thawed in water-tight package under cold water. Cook promptly after thawing.

For Unthawed Products:

Allow more time to cook. Example: if a fresh or thawed roast needs 2 hours to cook, a frozen roast the same size may need as much as 3 hours to cook.

Leftovers, Pork, Poultry, Ground Meat:

Heat all the way through.

Using a Meat Thermometer:

Insert thermometer into thickest part of meat—should not be in the fat or touch the bone. For turkeys, insert thermometer into the thick part of the thigh next to body of bird.

COOK TO TEMPERATURES SHOWN <i>(Thermometer Inserted Into Meat)</i>	
FRESH BEEF	
Rare	140° F.
Medium	160° F.
Well Done	170° F.
FRESH VEAL	170° F.
FRESH LAMB	
Medium	170° F.
Well Done	180° F.
FRESH PORK	170° F.
CURED PORK	
Ham, Raw (Cook before eating)	160° F.
Ham, Fully cooked, (To warm)	140° F.
Shoulder (Cook before eating)	170° F.
Canadian Bacon (Cook before eating)	160° F.
POULTRY	
Turkey	180-185° F.
Boneless Turkey Roasts	170-175° F.
Stuffing (Inside or outside the bird)	165° F.
Press fingers on flesh of thigh or breast; if meat is soft, it is done.	

Meat and Poultry Inspection Program
Animal and Plant Health Inspection Service
U.S. Department of Agriculture

Storing Meat and Poultry

To Store In Refrigerator: May be stored as purchased in plastic wrap for a day or two. For longer time, remove from store wrapping and wrap loosely in wax paper or plastic film.

To Store In Freezer: Wrap tightly in freezer paper, plastic film, or foil. Freeze.

Leftovers: Freeze or refrigerate as soon as possible.

Canned Meat And Poultry: Read the label, refrigerate if necessary. Otherwise, store in cool, dry place. Do not buy products in bulging or dented cans.

STORAGE TIME <i>Eating quality drops after time shown</i>	In refriger- erator at 35° to 40° F. DAYS	In freezer at 0° F. MONTHS
FRESH MEATS		
Roasts (Beef and Lamb)	3 to 5	6 to 12
Roasts (Pork and Veal)	3 to 5	4 to 8
Steaks (Beef)	3 to 5	6 to 12
Chops (Lamb)	3 to 5	6 to 9
Chops (Pork)	3 to 5	3 to 4
Ground and Stew Meats	1 to 2	2 to 3
Variety Meats	1 to 2	3 to 4
Sausage (Pork)	1 to 2	2 to 3
PROCESSED MEATS		
Bacon	7	1
Frankfurters	7	1½
Ham (Whole)	7	1 to 2
Ham (Half)	5	1 to 2
Ham (Slices)	3	1 to 2
Luncheon Meats	3 to 5	Freezing
Sausage (Smoked)	7	not
Sausage (Dry and Semi-Dry)	14 to 21	recommended
COOKED MEATS		
Cooked Meats and Meat Dishes	3 to 4	2 to 3
Gravy and Meat Broth	1 to 2	2 to 3
FRESH POULTRY		
Chicken and Turkey (Whole)	1 to 2	12
Chicken (Pieces)	1 to 2	9
Turkey (Pieces)	1 to 2	6
Duck and Goose (Whole)	1 to 2	6
Giblets	1 to 2	3
COOKED POULTRY		
Pieces (Covered with Broth)	1 to 2	6
Pieces (Not Covered)	1 to 2	1
Cooked Poultry Dishes	1 to 2	6
Fried Chicken	1 to 2	4

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